

**Whenever you go to the store,
buy one more!**

Your emergency supply kit
should include:

Water for 3 days (1 gal/per
person/per day)



Two-week supply of food

Canned meats/fish/fruits/
vegetables



Peanut butter/crackers

Dried rice/beans/pasta

Baby food

Pet food

Prescription medicines

Pain reliever



Hand sanitizer/soap

Stomach remedies

Feminine hygiene products

Diapers



Batteries

For More Information

Utah Resources

www.pandemicflu.utah.gov

<http://beready.utah.gov/>

www.wildlife.utah.gov

www.ag.utah.gov

U.S. Resources

www.pandemicflu.gov

www.cdc.gov

www.usda.gov

Pandemic Influenza



Utah Prepares



How Could an Influenza Pandemic Affect Me



- You may need to stay home from work or other public places if you are ill. In a severe pandemic, anywhere from up to 30-50 percent of the population could become ill.
- You may need to stay home to care for an ill family member, or to care for a child whose school or daycare has been closed.
- You may be asked to limit personal contact or close contact with others while in public places.
- There may be shortages of essential supplies and services. You should plan ahead and have supplies at home of food and other items, such as medicines.
- Hospitals and clinics may not be able to care for everyone due to increased demand and/or shortage of healthcare workers due to illness.

Pandemic Influenza



What is pandemic influenza?

- Pandemic influenza is a disease in humans.
 - It is a new influenza virus not seen before in people.
 - It spreads easily from one person to another.
 - It could be mild, moderate, or severe in its symptoms, and/or how easily it is spread.
 - A pandemic influenza vaccine (flu shot) will not be immediately available. It first must be developed, tested and manufactured. This process will take months.
- If the disease is severe:
 - You may be asked to stay home if you are sick.
 - Schools, churches, and large gatherings (such as sporting events) may be cancelled.
 - Stores may be closed. Food and supplies may be hard to find.

Preparing for a Pandemic



Be informed.

- Go to www.pandemicflu.utah.gov.
- Watch the news for regular updates.

Talk to people.

- Tell your family about this disease.
- Talk about ways to prevent disease such as:
 - Cover your coughs and sneezes.
 - Wash your hands often.
 - Stay away from others when you are sick.
- Talk about how you will stay in touch with families and friends.

Have a plan.

- Stock up on supplies for an emergency (see next page)
- Make a list for every member of your family of the following items:
 - Current medical problems.
 - Drugs that you take (how much and how often).
 - Allergies (especially to drugs).